

# TRAIL OUTLAWS URBAN TRAIL SERIES



## PIECES OF 8 HM @ PENSRAW

In association with:



## INFORMATION

Please read the pre-race information carefully. If you have any questions about the race, then please [info@trailoutlaws.com](mailto:info@trailoutlaws.com) or phone 07734309500 Tim 07984307900 Garry

## RACE INFORMATION

This is the 5th running of the Pieces of Eight Half Marathon which was the first event the Trail Outlaws ever hosted, and where it all began.

We hope you enjoy it.

Most important of all, please bring with you a smile and adventurous trail spirit. After all we do this for fun :)

## RACE NUMBERS

Please note that race numbers will be given out at race registration on the day of the race.

## BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. UKA and TRA membership include insurance.

Fetch appropriate footwear for the race conditions.

## RACE DAY SHOP

The Urban Trail League shop will be located at race registration should you wish purchase extra merchandise Urban Trail League T-shirt £10 or Trail Outlaws Buff £5 (Bufs come in 4 colours, Pink, Yellow, Orange & Purple. Your race entry includes 1x free Buff/Mug collected at registration). You can also purchase extra mugs for £5.

## RACE REGISTRATION

Race registration for both events opens at 07:00 and closes 08:45. All runners will then need to make their way to the bottom of Penshaw Monument, a short 2 minute walk from registration for 08:50 for the race briefing.

### Half Marathon:

Briefing 08:50  
Start 09:00  
Finish 12:30

All runners must register before the race starts. T-shirts & Bufs/Cups will be given out at registration.

Medals will be given out upon completion of course.

## RACE REGISTRATION

**Herrington Country Park,  
Rangers Hut,  
Tyne and Wear,  
DH4 7NJ**

[Herrington Park Map](#)

## RACE PARKING

Event parking will be at Herrington Country Park, where there will be plenty of onsite parking for all.

## START / FINISH

The race starts at the foot of Penshaw Hill, and the finish will be on Penshaw Monument itself.

Upon getting to the finish, you need to have your NFC wristband scanned by our readers.

Please do not run off presuming that your number and time have been taken, as you will not appear on the results if you have not been scanned.

You will then be able to collect your finisher's medal.

You will need to walk back to the Ranger Hut where you registered to collect any baggage you left.

But please be aware that we cannot guarantee the safety of any belongings left at the start and we will not be able to hold onto people's car keys or valuables, these are your responsibility.

## PRESENTATION

Winner's presentations and age category presentations will take place on the Monument weather permitting at approx. 1200hrs for both events.

This will be moved to the Rangers Hut in inclement weather conditions.

## URBAN TRAIL SERIES

This is the 3<sup>rd</sup> event in the Trail Outlaws Urban Trail Series. Only the Pieces of 8 10K @ Penshaw race has any places left for the 2018 race series on 30<sup>th</sup> September.

Should you wish to run the final Urban Trail Series event "Pieces of 8 10K @ Penshaw", make sure you enter soon as we only have 150 places remaining in the event.

<https://urbantrails.co.uk/penshaw-10k>

## RACE ROUTE

The route will be fully marshalled, signed and flagged.

We always spend a lot of time diligently marking out course' however on occasion these markings do get removed by dog walkers and locals (this happened on our last event Washington Trail 10k, prompting last minute emergency course re-marking) so please make yourself familiar with the online route map.

### Special Mention :

**The four areas that have caused runners to go past route markings and off trail in the past are :-**

**1:** Turning down to River after wildfowl park.

After you have ran through the wildfowl carpark and past the wildfowl park itself you will run approx. 300yds up the main path/trail. Before the path bear left there is a turning down to the river which is the official race route. There should be a marshal and signs pointing the way. But please keep your eyes peeled.

**2:** The Bottom of Offerton Steps. Ensure when running along the south riverside after approx. 2.5 / 9 miles when the A19 flyover comes into view you, you take the right turning up the steps before the White House.

**3:** The Top of the Offerton Steps. Ensure when you get to the top of the steps (your legs are still working) you take a left turn, you will then be greeted by the well-earned CP 50 yds along the path.

**4:** After you have been to the Offerton CP and ran up to Offerton Village, please carry through the village, until the signage points you down the track down from the village itself. There should be a marshal on the day, but please be alert for signs in this area.

**There will be marshals and signs, but navigation of the course remains the responsibility of the runner.**

## CHECKPOINTS

### Half Marathon:

There are two checkpoint locations, one of which you will pass twice during the event, at 2.5 and 7 miles located on the north side of the river at Cox Green.

The final CP at 9 miles located at the top of Offerton Steps before the climb to Offerton Village. Both CPs will have water and sweets.

The finish will have water, jelly sweets and coke.

### FIRST AID

First Aid cover at the event is being provided by AED Medical.

There will be First Aid responders and Paramedic located at the event finish on top of Penshaw monument should anyone require first aid / medical assistance at the event.

Should you get into difficulty on the course please alert another runner or marshal who will be able to pass on any information and alert us for help.

## FINAL WORD

Thank you very much for choosing to take part in the Trail Outlaws Urban Trail Series of events, we really do love seeing so many people enjoy the local trails that we ourselves train and run on.

Have a great time, run with a smile on your face and we are sure you will agree, trail running is the best kind of running ☺

**ALL RACE FINISHERS GET ONE OF THESE:-**



**URBAN TRAIL SERIES T-SHIRT**



T-shirts are £10, payable on the day.





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### **Terms and Conditions Apply**

£5 off when you spend £20 valid in store only. One voucher per person. One voucher per transaction. The voucher cannot be used in conjunction with any other offer or on sale items. The TrailUrban2018 code gives 5% additional discount of any website sales over £25 placed before the 30th October 2018.

#### **Opening Hours:**

**Mon - Wed: 10.00 - 17.30**

**Thu: 10.00 - 19.00**

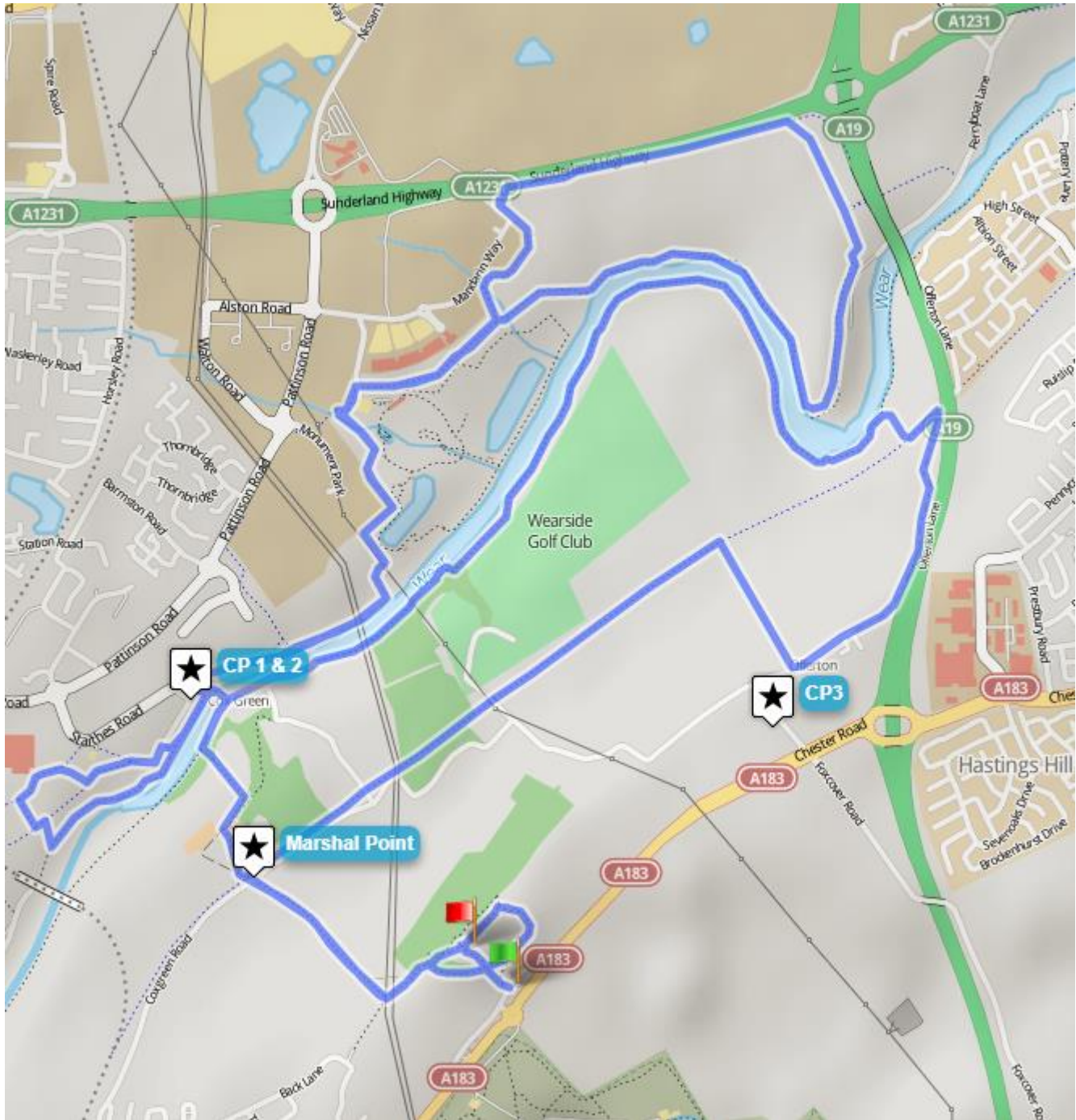
**Fri: 10.00 - 17.30**

**Sat: 9.00 - 17.30**

**Sun: Closed**

**52 Low Friar Street,  
Newcastle Upon Tyne  
NE1 5UE  
(Located near The Gate)  
Tel: 0191 261 4322**

# PIECES OF 8 HM @ PENSRAW - ROUTE





Beautiful Trail Runs  
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10K, 10 MILE & HALF MARATHON

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 @TRAILOUTLAWS

FOLLOW US FOR RACE PHOTOS, UPDATES & INFORMATION  
ON OUR UPCOMING EVENTS AND MUCH MORE





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## OUR STORE

Stocking only specialist running brands and equipment, Northern Runner is Newcastle's premier runner's shop. With a dedicated staff of active runners providing expert advice and assistance. We also offer gait analysis, the most accurate way of fitting shoes for running. We operate from our city centre location on Low Friar Street and from our online shop offering UK and international shipping on running shoes, clothing and accessories.

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**RACE RULES** [www.urbantrails.co.uk/penshaw-hm](http://www.urbantrails.co.uk/penshaw-hm)

**TERMS AND CONDITIONS** [www.trailoutlaws.com/tandc](http://www.trailoutlaws.com/tandc)

**URBAN TRAILS WEBSITE** [www.urbantrails.co.uk](http://www.urbantrails.co.uk)

**TRAIL OUTLAWS WEBSITE** [ww.trailoutlaws.com](http://ww.trailoutlaws.com)